



Beer-Brined Grilled Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups lager beer dark
- ☐ 0.3 cup coarse salt
- ☐ 3 tablespoons brown sugar dark packed ()
- ☐ 7 large garlic cloves minced
- ☐ 3 teaspoons coarsely ground pepper black
- ☐ 1 cup ice cubes
- ☐ 3 tablespoons mild-flavored molasses light ()
- ☐ 6 inch thick center-cut pork chops bone-in

- ☐ 2 teaspoons sage leaves dried
- ☐ 2 teaspoons salt
- ☐ 2 cups water

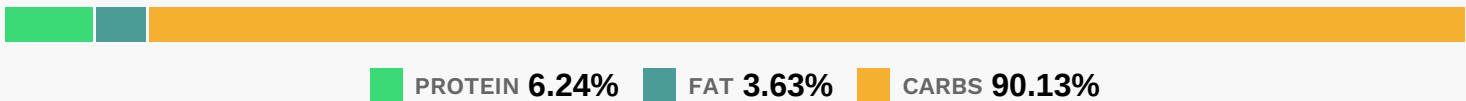
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine 2 cups water, beer, 1/4 cup coarse salt, sugar, and molasses in large bowl. Stir until salt and sugar dissolve. Stir in ice.
- ☐ Place pork chops in large resealable plastic bag.
- ☐ Pour beer brine over pork chops; seal bag. Refrigerate 4 hours, turning bag occasionally.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Remove pork chops from beer brine; pat dry.
- ☐ Mix garlic, pepper, 2 teaspoons salt, and sage in small bowl. Rub garlic mixture over both sides of pork chops. Grill pork chops until instant-read thermometer inserted into center of chops registers 145°F to 150°F, about 10 minutes per side, occasionally moving chops to cooler part of rack if burning.
- ☐ Transfer chops to platter; cover with foil, and let stand 5 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:7.800869518972%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 98.64kcal (4.93%), Fat: 0.32g (0.5%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.69g (6.43%), Sugar: 13.33g (14.81%), Cholesterol: 1.75mg (0.58%), Sodium: 5507.38mg (239.45%), Alcohol: 3.07g (100%), Alcohol %: 1.65% (100%), Protein: 1.25g (2.5%), Copper: 2.12mg (106.24%), Manganese: 0.43mg (21.49%), Magnesium: 35.14mg (8.78%), Vitamin B6: 0.17mg (8.48%), Potassium: 215.23mg (6.15%), Selenium: 3.74µg (5.35%), Calcium: 51.19mg (5.12%), Iron: 0.82mg (4.58%), Vitamin B3: 0.71mg (3.54%), Phosphorus: 26.84mg (2.68%), Vitamin B1: 0.03mg (2.03%), Vitamin B2: 0.03mg (1.83%), Vitamin B5: 0.17mg (1.73%), Vitamin K: 1.7µg (1.62%), Fiber: 0.37g (1.5%), Vitamin C: 1.09mg (1.32%), Folate: 5.05µg (1.26%), Zinc: 0.17mg (1.16%)